

ABSTRACT

The invention relates to a method of encapsulating an active lipid-soluble substance in nanocapsules, by preparing an emulsion. The inventive method is characterised in that it consists in: (a) obtaining an aqueous phase and an oil phase; (b) raising the temperature of the two phases to a temperature greater than the phase inversion temperature; (c) mixing the two phases; (d) incorporating the active lipid-soluble substance into the lipid-soluble phase; (e) allowing the temperature to decrease to the phase inversion temperatures; (f) once the phase inversion is effective and the emulsion is in a continuous aqueous phase, quenching the emulsion obtained in order to lower the temperature thereof. The invention also relates to the emulsion that can be obtained using the inventive method, said emulsion being characterised in that the average nanocapsule size is less than 300 nm.